



Belfast Recovery College

HOPE, CONTROL AND OPPORTUNITY

PROSPECTUS

September 2023 - January 2024

Address: Recovery College, Lanyon Building, 10 North Derby Street
Belfast BT15 5HL

Tel. Number: 028 9504 3059

Email Address: RecoveryCollege@belfasttrust.hscni.net

Visit our Website



Enrol Here



WELCOME TO THE BELFAST RECOVERY COLLEGE COURSE PROGRAMME

The Belfast Recovery College warmly welcomes you to enrol for our free wellbeing and mental health programme. We have a range of face to face courses and webinars available. All face to face courses will be held in the Recovery College, Lanyon Building, 10 North Derby Street Belfast BT15 5HL.

Our education classes are open to everyone in the community of Belfast.

For our courses all you have to do is enrol! Follow the easy steps to enrol below.

- 1** Request an enrolment form by:
Telephone: 028 95043059
Email: RecoveryCollege@belfasttrust.hscni.net
Or QR Code below.
- 2** Once you have completed the Enrolment Form and returned it, you will be a student of the Recovery College.
- 3** Notify us of the courses you wish to enrol on:
Telephone: 028 95043059
E-mail: RecoveryCollege@belfasttrust.hscni.net
- 4** We will send course reminders for both face to face and online.
If you are unable to attend, please let us know.

ATTENDING OUR WEBINARS



We recommend accessing our webinars on a PC, Laptop or Mac computer. It may be possible to access our webinars on other devices but we cannot be sure they are compatible with all devices, especially older or less powerful devices.

Here at the Belfast Recovery College we use Microsoft Teams to deliver our webinars. The Belfast HSC Trust are making you aware that if you wish to participate in Recovery College Education classes via Webinars and have a personal Microsoft Teams Account or an organisational Microsoft Teams Account your email address may be visible to the other students during the course you are attending.

We would also like to make you aware if you choose to participate in the chat box during the course a record of the chat **will be retained in Teams chat history** which could be viewed by the students registered to attend that course. During the course and up to 5 minutes at the end of the course, you will have the option to delete any messages.



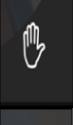
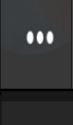


If you receive confirmation that you have reserved a space on one of our webinars an invitation to join the webinar will be sent to your registered email address the day before the course is due to run. In this email a step by step guide will be included explaining how to open an "In Private" or "Inognito" web browser to ensure your email address is not visible to the other student participating in the course and also guidance on how to delete any messages you share.

We understand attending new courses can be daunting, therefore we would like to offer you support. If you require any support or would like to speak to one of our peers who can talk you through the course aims, objectives and content please do not hesitate to contact us by email at RecoveryCollege@belfasttrust.hscni.net or give us a call on [02895 043059](tel:02895043059).

Please note by enrolling for a course including an on-line application you are consenting to the terms of how the classes operate in the Belfast Recovery College.



Guidance for MS teams

-  ➤ For a better learning experience you can choose to turn on camera ,its your choice, you can change your background before you join by applying background effects.
-  ➤ Mute yourself when you are not speaking to eliminate any background noises during the session.
-  ➤ Please use the 'hand' icon to indicate that you have something to ask/ share with the group. (if you are unable to see a hand icon press the 3 dots as the option may be hidden on different devices)
-  ➤ We encourage you to change your background, you can also apply this in the 3 dots
-  ➤ You can type or follow Comments/Questions in chat function which is visible to everyone, respect confidentiality.
-  ➤ Ensure you press the end call button at the end of the course/video call(not during a break).
- Disclaimer:

Please note any information shared in the Q&A/ chat facility may be viewed by others. Facilitators are not responsible for individual participants throughout the webinar.

Programme

The Belfast Recovery College runs a hybrid approach with all courses. Please ensure you are booking onto the correct course (face to face or Webinar)

Course	Course Description	Date	Venue
Peer Support Worker Awareness Session	Are you interested in learning more about a peer support worker role in mental health services? You may be interested in applying to become a peer support worker when jobs are advertised but would like to find out more about this type of role first. This 1.5hr session will explore what the role of a peer support worker is, the application process and give an opportunity to explore whether or not you may be ready for the job role. You will also look at what you can do to develop the training and experience you may need. You can also decide if this role is for you. The session will be of interest to those applying for job opportunities advertised for full-time, part-time within the Belfast HSC Trust. The Recovery College prospectus also provides Job Skills and IT for the Terrified courses which are aimed at developing skills in completing job applications including on-line and preparation for interviews.	1 st September 2023 10am - 11:30am 12pm - 1:30pm 2pm - 3pm (Choose 1 session to attend)	Belfast Recovery College
		6 th October 2023 10am - 11:30am	Belfast Recovery College
		5 th January 2024 10am - 11:30am	Belfast Recovery College
Discover the Recovery College - a Taster Session	Have you heard of the Recovery College? Why not come along to our Discover the Recovery College taster session, to find out about all the free wellbeing and mental health education courses which are open to everyone. You will learn all about who we are and what we do. Mental health can impact on us all so maintaining wellness to live well is key for us all. In this session you will have the opportunity to hear real life stories of how others have used the Recovery College to help them in their recovery journey. Peer Educators will be there on hand to help explain the range of short courses, how they may be helpful to you and help you choose what is right for you. Don't worry about filling in enrolment	4 th September 2023 10am - 11:30am	Belfast Recovery College
		15 th January 2024 10am - 11:30am	Belfast Recovery College

	forms as we can help with all of this. The session like all our courses are informal. So please come along and bring along a friend.		
Personal Independence Payments (PIP)	This course is co-produced in partnership with the East Belfast Independent Advice Centre (EBIAC). Do you think that you might have an entitlement to PIPS? PIPS is a payment for those who live with disabilities. There have been many changes to benefits in recent years. This interactive up-to-date workshop will explain the criteria of entitlement to this benefit, the process for claiming and the appeals process if you are turned down. It will also outline the support that is available from advice services.	4 th September 2023 2pm - 4pm 6 th November 2023 10am - 12pm 8 th January 2024 2pm - 4pm	Belfast Recovery College Online via Microsoft Teams Belfast Recovery College
Living with Anxiety	This course will help you develop an understanding of what anxiety is, why we experience it, and how it may affect us. We also explore practical strategies to manage anxiety, including basic cognitive behavioural and relaxation techniques. If you or someone you know struggles with anxiety or panic, including as a result of the Covid-19 pandemic, this course may be useful for you.	5 th September 2023 10am - 1pm 10 th October 2023 1pm - 3:30pm 21 st November 2023 10am - 1pm 12 th December 2023 1pm - 3:30pm 9 th January 2024 10am - 1pm	Belfast Recovery College Online via Microsoft Teams Belfast Recovery College Online via Microsoft Teams Belfast Recovery College
Volunteering, Wellbeing & Me	Have you ever wondered about volunteering? This course helps you develop the confidence and knowledge of how and where to start. You will learn all about the different types of volunteering there are, explore the benefits of volunteering for you personally, and for the wider world around you. You will see how volunteering can boost and support your overall wellbeing and provide you with the chance to give back and connect more to your local community. You'll be amazed to discover the huge variety of roles that there are available, and you'll discover how to find roles that suit your abilities and interests, and roles that can help you learn new skills too! This practical, fun, and interactive course has been designed in partnership with the	6 th September 2023 2pm - 4:30pm 6 th December 2023 2pm - 4:30pm	Belfast Recovery College Belfast Recovery College

	Belfast Recovery College, Volunteer Now, and the Volunteering Department in the Belfast HSC Trust. It will guide you through the process of finding and securing rewarding volunteering opportunities for yourself. Come along and learn how to put your time, effort and unique talents into a role that supports everyone!		
Living with Self-Harm	This course aims to raise awareness and increase better understanding of Self-harm. This course aims to raise awareness and increase better understanding of self-harm. We will specifically consider myths and misconceptions around self-harm, explore the idea of self-harm as a communication of thoughts and feelings and what can be helpful to those who self-harm. The course will also look at the motivation for changing self-harming behaviours including developing alternative coping strategies.	7 th September 2023 9:30am - 1pm 2 nd November 2023 10am - 1pm 18 th January 2024 9:30am - 1pm	Belfast Recovery College Online via Microsoft Teams Belfast Recovery College
Stress Management	Stress affects us all and in very different ways. The right amount of stress can be a motivating factor for change or to keep us stimulated. But too much stress can be debilitating and adversely affect our mental and physical health and wellbeing. This course will explore what stress is, its causes and how it can affect us. Students will examine ways of overcoming stress should it become too much and identify different coping strategies for managing stress.	7 th September 2023 2pm - 4:30pm 2 nd November 2023 2pm - 4:30pm 23 rd January 2024 10am - 12:30pm	Belfast Recovery College Belfast Recovery College Online via Microsoft Teams
Book Club	We warmly welcome you to join the Recovery College Book Club who will meet every month. The aim of the group is to celebrate the pleasure of a good book, share thoughts and ideas, and meet. There is no fee to join and the coffee is free. The group can give ideas to select the Book of the Month and will include all types of books from thrillers, comedy, self-development, classics and well-being. Group members will have the choice to get the book of the month from the local library either as an	8 th September 2023 11am - 1pm 13 th October 2023 11am - 1pm 10 th November 2023 11am - 1pm 1 st December 2023 11am - 1pm 12 th January 2024 11am - 1pm	Belfast Recovery College Belfast Recovery College Belfast Recovery College Belfast Recovery College Belfast Recovery College

	eBook or hard copy or audiobook or purchase it themselves. So come along - the craic is mighty!		
IT for the Terrified - A Beginners Course	Do you feel left behind by computers and the internet? Are you afraid of using computers and smart phones? As the world of the internet expands, not having access to computers and an understanding of the internet can limit our life opportunities. This 3 week course is geared towards complete beginners looking to take their first steps into the world of Information Technology. This course will explain in easy to understand language the basics of IT. We will explore Microsoft Word, E-mail, and Microsoft Teams as well as computer security and keeping yourself safe online. Join us for this gentle introduction to computers.	11 th , 18 th & 25 th September 2023 10am - 12pm <i>(you need to attend all 3 sessions)</i>	Belfast Recovery College
Music & Wellbeing	Studies on mood and music reports suggest that music and wellbeing programmes can be designed to achieve goals such as managing stress, enhancing memory and alleviating pain. Music helps us engage with our emotions, it helps with our memories, reunites, and can create neural connections in our brains. Music has the power to draw our attention away from adversities which in turn gives us hope.	11 th , 18 th and 25 th September 2023 1:30pm - 4:30pm <i>(you need to attend all 3 sessions)</i> 15 th , 22 nd & 29 th January 2024 1:30pm - 4:30pm <i>(you need to attend all 3 sessions)</i>	Belfast Recovery College Belfast Recovery College
Living with Depression	This course explores the topic of depression, a common mental health condition that can affect people of all ages. It looks at the signs and common symptoms of depression as well as the different types that people can experience. We aim to dispel some of the myths around depression and stigma associated with it. Depression can often make you feel helpless. The course helps to make you aware of tools to help you take action and feel more in control which will have a positive effect and make a difference. So, the course looks at developing your understanding of living with depression and the many things that you can do to help you	12 th September 2023 10am - 3pm 3 rd October 2023 10am - 3pm 14 th November 2023 10am - 3pm 5 th December 2023 10am - 3pm 16 th January 2024 10am - 1pm	Belfast Recovery College Belfast Recovery College Belfast Recovery College Belfast Recovery College Online via Microsoft Teams

	<p>identify signs and manage your symptoms. The aim is to increase your knowledge of the wide range of treatments, services and lifestyle opportunities that are available and how to find further help and support.</p>		
<p>What's the Craic on your Doorstep</p>	<p>Are you always hearing that making connections is good for your wellbeing, or are you interested in taking up a new hobby? Maybe you are interested in learning a new skill or getting more active, or maybe you are interested in improving your social life. Whatever the reason there are so many organisations, clubs and groups out there looking for new members. Belfast Recovery College are bringing together representatives from community groups, local interest groups, and local activities for an information session. Why not come along and chat with people from your own community and find out exactly what is on your doorstep?</p> <p>Better Leisure Centres Come find out what is on offer at your local Belfast Council Leisure Centre, along with information on the Healthwise Scheme. Healthwise is the regional physical activity referral scheme. It is designed for people with health-related conditions that may benefit from regular exercise, under the guidance of qualified exercise professionals. The programme helps individuals manage and improve their health condition(s) and encourages people of all abilities to take part.</p> <p>Action Ability Belfast 'Speak out-Let your voice be Heard with Action Ability Belfast's Advocacy group'. We are a group of people with disabilities and peer advocates who would like to share and deliver an interactive presentation on capacity and consent to encourage people</p>	<p>13th September 2023 10am - 11am</p> <p>4th October 2023 2pm - 4pm</p>	<p><i>Falls Leisure Centre, 15-17 Falls Road, Belfast, BT12 4PB</i></p> <p><i>This session will run as a webinar and also face to face at Belfast Recovery College. Please advise which option you</i></p>

	<p>with disabilities to let their voices be heard and empower people to have more control and make decision about their lives. The events will incorporate legislation around disability rights and discussion on how this has an impact on our lives.</p> <p>Parentline NI Parentline NI are Northern Ireland's FREE and Confidential Helpline for Parents and Carers. We are a caring, non-judgemental ear to listen and support or guide you wherever you are on your parenting journey. We offer one to one support, parent workshops, podcasts, resources and referrals to Relate NI. We are attending the Recovery College for an information session and parent Q&A.</p>	<p>16th November 2023 10am - 11.30am</p>	<p><i>would like to attend via.</i></p> <p><i>This session will run as a webinar and also face to face at Belfast Recovery College. Please advise which option you would like to attend via.</i></p>
<p>Wellness Recovery Action Plan (WRAP)</p>	<p>WRAP is a self-management tool, designed to support people to understand and manage their mental health. WRAP can be used to help support people deal with challenging situations. This two day course will assist you to identify what wellness tools work best for you and help you establish your own personalised Wellness Recovery Action Plan. Through a series of tools and action plans students can make their life more the way they want it to be. This is ideal for anyone who wants to make positive changes in the way they feel and live.</p>	<p>13th & 14th September 2023 9:30am - 4:30pm (you need to attend both days)</p> <p>10th & 11th October 2023 9:30am - 4:30pm (you need to attend both days)</p> <p>7th & 8th November 2023 9:30am - 4:30pm (you need to attend both days)</p> <p>12th December & 13th December 9:30am - 4:30pm (you need to attend both days)</p>	<p>Belfast Recovery College</p> <p>Belfast Recovery College</p> <p>Belfast Recovery College</p> <p>Belfast Recovery College</p>

		10 th January & 11 th January 2024 9:30am - 4:30pm (you need to attend both days)	Belfast Recovery College
Living with Psychosis	This course will explore what psychosis is. It will discuss the symptoms and causes of psychosis as well as the range of treatment options available for this mental health condition. Psychosis will be discussed from both a lived experience and an educational perspective. The aim of the session is to gain or revise knowledge and understanding of psychosis, so that students will reflect and engage positively in an individual's recovery journey.	15 th September 2023 11am - 1pm 24 th November 2023 11am - 12:30pm 19 th January 2024 11am - 1pm	Belfast Recovery College Online via Microsoft Teams Belfast Recovery College
Building Self Esteem	Many of us struggle with self-esteem issues and self-confidence daily. This can hold us back and keep us stuck in a very isolated place. We tend to take our self-worth from others and their opinion of us instead of believing in our own value and worth as a unique individual. Please join us where we can all learn and develop skills and knowledge. You will be involved in conversations where you will feel comfortable in the course to understand how important it is to value yourself and not let judgement of others hold us back.	19 th September 2023 2pm - 4pm 28 th November 2023 10am - 11:30am 23 rd January 2024 2pm - 4pm	Belfast Recovery College Online via Microsoft Teams Belfast Recovery College
Compassion Fatigue	Compassion fatigue is an emotional and physical burden created by the impact of helping others in distress, which, left unrecognised, can lead to a reduced capacity for empathy towards suffering in the future. This is especially common in carers and front line workers, however, we are all vulnerable. This short course will raise your awareness of the cause, symptoms and stages in Compassion Fatigue, highlighting self-management strategies that can be employed to maintain wellness.	19 th September 2023 10am - 12:30pm 6 th November 2023 2pm - 4:30pm 16 th January 2024 2pm - 4:30pm	Belfast Recovery College Belfast Recovery College Belfast Recovery College
Top Tips for Looking After Yourself	The Top Tips for Looking after yourself programme is co-delivered in partnership with the Belfast Trust Health Improvement Team. It is an interactive workshop to enable and empower students to understand their mental health, manage stress and build	20 th September 2023 10am - 1pm 15 th November 2023 10am - 12pm	Belfast Recovery College Online via Microsoft Teams

	resilience. In this practical course you will become more aware of your own stress levels. You will explore skills and self-help strategies to promote and protect your own emotional wellbeing. You will gain an increased awareness and knowledge of support organisations available to individuals within the community.	8 th January 2024 10am - 1pm	Belfast Recovery College
Living with Schizophrenia	Despite an estimated 1 in 100 people experiencing the disorder called schizophrenia it is still misunderstood and surrounded by stigma. Through this course we will explore the definitions, the different impacts it may have and challenge the stigma around it. This course will address the experience of Living with Schizophrenia, causes, treatments and how to prevent relapse. It will be discussed from lived and educational perspectives.	20 th September 2023 2pm - 4pm 15 th November 2023 2pm - 3:30pm 24 th January 2024 2pm - 4pm	Belfast Recovery College Online via Microsoft Teams Belfast Recovery College
Getting the most from your Appointments	This course will enable service users, carers and mental health practitioners to effectively prepare for and manage appointments, both face to face and virtual. We explore what we can do before, during and after the stages of the appointment process and to gain the knowledge of what may contribute or hinder effective appointments. The course will also explore such areas as anxiety, confidence and assertiveness and how these can impact the success of appointments.	22 nd September 2023 11am - 1pm 26 th January 2024 11am - 1pm	Belfast Recovery College Online via Microsoft Teams
Introduction to Self-Care	In today's fast paced world it can be easy to forget about the little things we need to do each day to maintain our wellbeing. This workshop looks at the culture of Self-Care; its values and benefits and suggests ways in which it can be incorporated in your daily life. Students will gain a deeper understanding of why self-care is so important in our lives.	26 th September 2023 10am - 12pm 22 nd November 2023 10am - 12pm 24 th January 2024 10am - 12pm	Belfast Recovery College Belfast Recovery College Belfast Recovery College
Getting a Good Night's Sleep	Getting a good night's sleep is an important part of mental health recovery. This course will explore the benefits of getting a good night's sleep, what can prevent us from getting a good night's sleep and practical tips to help you get a good night's sleep.	27 th September 2023 2pm - 4pm 22 nd November 2pm - 3.30pm	Belfast Recovery College Online via Microsoft Teams

<p>Movement & Mood</p>	<p>We are all told to exercise daily, but why? This course aims to explore the positive effects of physical activity on your mental wellbeing. The course will provide information on incorporating movement into our daily routine and provide signposting on how to get yourself involved in physical activity both in your own home and in the community. This course is informative, interactive and we look forward to seeing you there.</p>	<p>28th September 2023 10am - 12pm 23rd November 2023 10am - 11:30am</p>	<p>Belfast Recovery College Online via Microsoft Teams</p>
<p>Movie Club</p>	<p>Its movie time at the Belfast Recovery College! Take a movie journey with Belfast Recovery College (films rated PG and above). This club is an opportunity to make new friends and connections with others and enjoy a bit of craic. We've got a wide range of movies being shown for all tastes. So enjoy a great time with fellow cinema lovers. There will be a movie showing every month. The group can bring ideas for the movie of the month. Feel free to bring your popcorn.</p>	<p>29th September 2023 1pm 27th October 2023 1pm 24th November 2023 1pm 15th December 2023 1pm 26th January 2024 1pm</p>	<p>Belfast Recovery College Belfast Recovery College Belfast Recovery College Belfast Recovery College Belfast Recovery College</p>
<p>The Art of Creativity & Wellbeing</p>	<p>The aim of this course is to welcome and encourage curiosity through exploring how art and creative energy can improve your mental and physical health and wellbeing. The course provides a learning opportunity to dip your toe in the water and try art and creativity as a wellbeing tool and see if it is for you. Mental health is about developing resilience, recovering from the peaks and valleys that are inevitable in life and gaining personal growth in learning and experiencing different ways to keep well. You do not have to be a professional artist or have any prior experience in art or crafts. You are invited to enrol in a class with a relaxed and informal atmosphere, have a bit of fun and the opportunity to make new connections with other students learning together.</p>	<p>2nd & 9th October 2023 10am - 1pm (you need to attend both sessions)</p>	<p>Belfast Recovery College</p>
<p>Expressive Writing</p>	<p>Expressive writing is about self-expression. This four week course help a person to think about their experiences and put their</p>	<p>2nd, 9th, 16th & 23rd October 2023 2:30pm - 4pm</p>	<p>Belfast Recovery College</p>

	<p>thoughts and feelings into words. These workshops will offer you an opportunity to reflect and write in a safe, friendly and confidential atmosphere that fosters personal awareness and wellbeing. It doesn't matter whether or not you're used to writing, the exercises and conversation will help you to write about your life and experiences; from a few lines to a story, from a list to a poem, from all the things you've missed over the past couple of years, to all the things you've gained. You don't need any experience of writing to do this course. This course has been co-produced and co-facilitated in partnership with the Royal Literary Funds.</p>	<p><i>(you need to attend all 4 sessions)</i></p>	
<p>Embedding Hope & Recovery in Day to Day Lives</p>	<p>We all have hopes and dreams and sometimes life can get in the way of making these dreams a reality. When you have been diagnosed with a mental health condition the impact can be overwhelming for you and a loved one. Too often people think they will not fulfil their hopes, ambitions or aspirations. This course gives the opportunity to explore the concept of recovery in our day to day lives as it unique to them. It will provide space for you to reflect on what might help you grow beyond what has happened and take a step on your recovery journey to rebuild a satisfying, valued and purposeful life. The course can also help us think about embedding hope in our lives and learn about opportunities available to us that can assist us in making that that step to living well with or without the symptoms of mental ill health.</p>	<p>4th October 2023 10am - 12pm</p> <p>6th December 2023 10am - 11:30am</p>	<p><i>Belfast Recovery College</i></p> <p><i>Online via Microsoft Teams</i></p>
<p>Living with Personality Disorder</p>	<p>If you have heard the term Personality Disorder from a Doctor, Psychiatrist or Community Psychiatric Nurse (CPN) you might be left wondering what it actually means. This workshop is aimed at helping service users, mental health practitioners and carers understand what is meant by "personality disorder". We will look at some of the myths and misconceptions we might have as well as increasing awareness of the</p>	<p>5th October 2023 9:30am - 1pm</p> <p>7th December 2023 10am - 1pm</p>	<p><i>Belfast Recovery College</i></p> <p><i>Online via Microsoft Teams</i></p>

	<p>struggles of living with a personality disorder.</p> <p>We also want to give people a chance to learn about some of the treatment options for people who have a diagnosis and how to help someone you know with a personality disorder.</p>		
Job Skills for Everyone	<p>This practical, fun and interactive course will help prepare students for job searching. You may feel overwhelmed at the thought of the application process and nervous at the prospect of an interview. We will cover techniques and tips in writing job applications, interview skills and communication.</p>	<p>5th October 2023 2pm - 4:30pm</p> <p>25th January 2024 10am - 12:30pm</p>	<p>Belfast Recovery College</p> <p>Belfast Recovery College</p>
Peer Educator Role Awareness Session	<p>Are you interested in learning more about a peer educator role in the Belfast Trust Recovery College in mental health services? You may be interested in applying to become a peer educator when jobs are advertised but would like to find out more about this type of role first. This 1.5hr session will explore what the role of a peer educator is, the application process and give an opportunity to explore whether or not you may be ready for the job role. You will also look at what you can do to develop the training and experience you may need. You can also decide if this role is for you. The session will be of interest to those applying for job opportunities advertised for full-time, part-time or Bank roles in the Belfast HSC Trust. The Recovery College prospectus also provides Job Skills and IT for the Terrified courses which are aimed at developing skills in completing job applications including on-line and preparation for interviews.</p>	<p>6th October 2023 12pm - 1:30pm</p> <p>5th January 2024 12pm - 1:30pm</p>	<p>Belfast Recovery College</p> <p>Belfast Recovery College</p>
Understanding Medications	<p>Are you or someone you know or help affected by medications for treating mental health issues? Would you like to know more about common side effects and what may help? If you have answered yes, or would simply like to increase your knowledge of</p>	<p>12th October 2023 10:30am - 1pm</p> <p>18th January 2024 10:30am - 1pm</p>	<p>Belfast Recovery College</p> <p>Online via Microsoft Teams</p>

	<p>this area you are invited to come along to our course on understanding medications.</p>		
<p>Carers Assessments & Supports</p>	<p>Come join the Belfast Trust Carer Support Service and find out more about Carers Assessments. This is your key right as a carer. Find out what you can expect, what areas an assessment covers and how you can benefit from the process. This will help you get the most out of an assessment. The session will also cover what potential outcomes may result from having a carer's assessment.</p>	<p>12th October 2023 2pm - 3pm</p>	<p>Belfast Recovery College</p>
<p>Employment Support Allowance (ESA) & Universal Credit</p>	<p>Are you or someone you care for in receipt of ESA? Have you claimed this benefit and been turned down? Are you considering a claim for this benefit? Are you aware of what Universal Credit involves? Do you know how it will affect Employment Support Allowance?</p> <p>If you have answered yes to any of these questions and you would like to know more about these benefits then this course is for you. This course will explain the criteria of entitlement to these benefits, the process for claiming and the appeals process if you are turned down. It will also outline the support that is available from advice services.</p>	<p>16th October 2023 10am - 12pm</p> <p>4th December 2023 2pm - 4pm</p>	<p>Belfast Recovery College</p> <p>Online via Microsoft Teams</p>
<p>Disclosing Your Mental Health</p>	<p>Deciding whether to tell your employer about your mental health can be a difficult choice and a dilemma for some people. This useful practical course is a guide to advocating for yourself in the workplace. It makes you aware of your rights and responsibilities, as well as weighing up the pros and cons to help you decide the right course of action for you.</p>	<p>17th October 2023 10am - 12pm</p> <p>9th January 2024 2pm - 3:30pm</p>	<p>Belfast Recovery College</p> <p>Online via Microsoft Teams</p>
<p>My Menopause Matters</p>	<p>Menopause is a major physical, mental and emotional transitional time in a woman's life. Some women find the transition fairly straightforward whilst for others it can be a time of intense emotions, physical symptoms and mental challenges. The key message is that no woman experiences the transition the same. It is a unique journey</p>	<p>17th October 2023 1pm - 4pm</p> <p>22nd January 2024 10am - 1pm</p>	<p>Belfast Recovery College</p> <p>Belfast Recovery College</p>

	<p>and therefore, a very personal lived experience. This programme aims to provide you with up to date information on the menopause, its signs, symptoms, and ways to manage it. Life does not pause whilst you go through menopause as other life changes occur alongside such as loss, children leaving home and general aging issues. The programme will focus on the physical and mental health aspects of menopause and aims to inform and empower you as you navigate your own very unique menopausal journey. Delivered over one session, in the first half, we define and explain menopause and its features. This will help normalise your reactions and demystify the various interventions available. In the second half of the session, you will learn how the dramatic shift in hormones during menopause can have a huge impact on mental health and well-being. This session will help you understand and manage your psychological and emotional reactions to help live well with the menopause, know that there are things we can do and how to access support. The course is open to everyone as we all need to learn more about this area to give ourselves compassion and give compassion to others.</p>		
<p>Food & Mood</p>	<p>The relationship between our diet and our mental health is complex. However, research shows a link between what we eat and how we feel.</p> <p>Certain foods and nutrients help your brain to make chemicals that can impact your mood, attention and focus, while other foods can zap your energy. Eating well can help you feel better.</p> <p>During this course we explore the relationship between what you eat and how you feel, including tips on how to introduce healthy eating into your life.</p>	<p>18th October 2023 10am - 1pm</p>	<p><i>Belfast Recovery College</i></p>
<p>Living with Bipolar</p>	<p>Bipolar Affective Disorder is not just about experiencing the ups and downs of everyday life. It's about experiencing extreme highs and lows that seems to take on a life of their</p>	<p>18th October 2023 2pm - 4pm</p> <p>17th January 2024 2pm - 4pm</p>	<p><i>Belfast Recovery College</i></p> <p><i>Online via Microsoft Teams</i></p>

	own, independent of events around you. This course will discuss the experience of living with Bi-Polar for students; its causes, triggers, treatment options and ways of preventing relapse. The aim is to help students to deal with the impact of this disorder on one's daily life.		
Money Management	Managing your money can be challenging, especially in an environment where the cost of living is rising daily. It is often a source of worry for many people. This short course will explore strategies that we can all employ on a daily basis to help us manage our money more effectively. The course will look at the benefits of budget planning, and show students how to compile a budget. The course will be interactive, and will aim to empower and enable students to consider different strategies that will improve their ability to manage money and find ways to avail of resources in the community.	19 th October 2023 10am - 12pm 14 th December 2023 2pm - 3:30pm	Belfast Recovery College Online via Microsoft Teams
Introduction to Psychological Therapies	Different styles of therapy can suit different individuals, situations and times, so further information may help to make the best choice. Staff who attend may want a better understanding of psychological therapies for themselves, or to help when considering a referral to psychological therapies for someone they are working with.	20 th October 2023 2pm - 4pm 1 st December 2023 2pm - 3:30pm	Belfast Recovery College Online via Microsoft Teams
Self-Directed Support & Direct Payments	Self-directed support (SDS) is the new way the Trusts will be providing Social Services. This workshop will give you information about the range of options available to you such as direct payments, a managed budget, the Trust choosing and arranging a service on your behalf or a mixture of all three. Come along and learn from those who already use SDS including Direct payments.	23 rd October 2023 10am - 12pm	Belfast Recovery College
Understanding Substance Misuse	This introductory course aims to raise awareness and build their knowledge around the area of Substance Misuse / Addictions. The course is open to anyone including service users, carers, health professionals and the community and voluntary sector,	24 th October 2023 10am - 4pm	Belfast Recovery College

	families or friends. You do not have to have any knowledge of drugs or alcohol to attend.		
Communication & Assertiveness Skills	Do you ever feel as though your opinions aren't heard, or that people readily dismiss or undermine your views? Maybe you have a habit of handling situations aggressively, lack the confidence to speak up or find it hard to express your needs and wishes. This course aims to help you develop skills to communicate better with others respectfully and with compassion. We will explore appropriate assertiveness techniques to enable students to engage in better conversations and achieve better outcomes for yourself and others.	25 th October 2023 9:30am - 1:30pm	Belfast Recovery College
Return to Work with Care	Are you considering returning to the world of work or volunteering? Have you taken an absence from work because of mental illness or considering a new job? Or, are you in the role of manager and looking for more information? The course includes things to consider before looking for employment, benefits of work, choosing your career, gaining qualifications, volunteering, your rights and what supports are needed to maintain wellness in work.	26 th October 2023 10am - 12pm 11 th January 2023 10am - 11:30am	Belfast Recovery College Online via Microsoft Teams
Understanding Gratitude	Gratitude can be a powerful thought or feeling. In this course you will develop a greater understanding of gratitude and learn practical tips that you can use on a daily basis to bring about an attitude of gratitude in your life. In this practical course we will share how gratitude can have a positive effect on your mental health, happiness and wellbeing.	26 th October 2023 2pm - 4pm 14 th December 2023 10am - 11:30am	Belfast Recovery College Online via Microsoft Teams
Compassionate Journaling	This is a 3 week course where you will learn various styles of journaling to help you engage with your wellbeing. Focusing on how a journal can be as unique as you are with some simple tips along the way, such as habit tracking, medication and mood trackers. This course provides creativity and structure to your journaling styles. You do not need to have any experience of writing or journaling to attend this course.	9 th , 16 th & 23 rd November 2023 2pm - 4:30pm (you need to attend the 3 sessions)	Belfast Recovery College

Meeting People & Making Friends	Getting the confidence to meet new people can be difficult for anyone. This informal course aims to build your skills and learn tips to help meet new people and make new friends. You will learn some approaches for developing your conversation skills and managing your worries about going into a group for the first time. We will explore opportunities that can help you find people and places in your community to meet that might interest you. Come along and enjoy the craic in a friendly and supportive place.	13 th November 2023 10am - 1pm	<i>Belfast Recovery College</i>
Carers Rights & Supports	Come join the Belfast Trust Carer Support Service and find out more about what your key rights are as a carer. At the session you will learn the key benefits of having a carer's assessment and what it will cover. You will also be given information about what support services you can access including our monthly activity programme.	21 st November 2023 2pm - 3pm	<i>Belfast Recovery College</i>
Understanding Advocacy	This course aims to help students understand the basic principles and the process of advocacy and how it can be beneficial to service users, carers/ supporters and mental health practitioners. The workshop will explore the effect of disempowering experiences on an individual's life and discuss the positive impact the advocacy process has had for those who availed of advocacy services. In this course you will also learn communication and assertiveness skills that will assist you in self-advocacy. You will explore the importance of an advocacy partnership and examine how it differs from other relationships. Please note that this workshop does not train or qualify individuals as Independent Advocates. It aims to build knowledge and confidence to participate in the advocacy process either as a mental health practitioner, service user, carer or supporter. The course may also be of interest to those who wish to learn more about the field of advocacy.	29 th November 2023 10am - 3pm	<i>Belfast Recovery College</i>

<p>Building Resilience</p>	<p>Resilience is how we adapt in the face of adversity, trauma, tragedy, threats or sources of stress. By working out what we find stressful and by building on our inner strength we are more likely to be able to adapt to these sources of stress. Someone who is resilient has the knowledge, skills and attitude that help maintain their wellbeing. This course explores the benefits and barriers to becoming more resilient and how we can support ourselves.</p>	<p>17th January 2024 10am - 1pm</p>	<p><i>Belfast Recovery College</i></p>
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During webinars we encourage all students to turn on their cameras to improve the overall student learning experience.